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Open Air Exercise to Give the Arms Strength and Grace.

THIS is the third of a series of practical lessons on health and grace especially prepared for this newspaper by Miss Christian Miller, F. C. I., the famous English health expert.

By F. Christian Miller, F. C. I.

WEB English have an expressive little word of three letters to describe that state in which we are entirely well. It is "fit." When we are "fit" we are equal to anything that may happen. "Fit" is a cross-cut word to adequate.

When we are "fit" we have an easy, comfortable, natural bearing. We have an alert mind. Our spirits are buoyant and that buoyancy speaks in every movement and gesture, and particularly in the expression of our faces.

Now to be fit, what? First we should begin the day well. A good beginning, the right beginning and the only beginning, is to take two baths, an inward and an outward one. I am always "fit," and this I ascribe in large part to my inviolable habit of the morning inward bath. As soon as I rise in the morning I drink two glasses of water. Cool, not ice water. If ice water is brought to my room I remove the ice before drinking it.

Water should not be too rapidly drunk. Better quaff or sip it than vulgarly toss it down at a gulp.

The inward bath should always be followed by a douche. In England this term means what I have heard Americans call epishing. We take our plunge bath, the cool or cold tub, but do not step out of it immediately after as you do here. Instead, we sit or stand in the tub and throw handfuls of water over our neck, shoulders, back and breast. Then, tingling from the shock of the cold water, we step from the tub and, wrapping ourselves in a huge bath towel, that is like a sheet except that it is made of rough toweling, we thoroughly dry ourselves.

Then we get into our not too tight clothing. It has been said, and very reasonably, that our clothing should be at least four sizes too large so that the air can circulate freely between the clothing and the skin. The air skin needs ventilation. It gets none when we wear our clothing hermetically tight. The

HOW TO KEEP 'FIT'

lungs are willing slaves yet they cannot do all the work of purifying the blood. If the third lung, the skin, neglects its duty the body becomes anemic. It is in a state of starvation, the starvation for fresh air.

To be "fit" we must have fresh air and plenty of it. We cannot get too much of it, so we must get as much as we can. Particularly here where you live in too hot and steam heated rooms you should fly for your life to the outer air. And you should reduce the temperature of your rooms. American women ask me the secret of the fine complexions of the English women. I answer, "fresh air and cool rooms." I believe that the temperature of a living room should never be above sixty. In a sleeping chamber it may well drop ten or twenty degrees below. I sleep in a bedroom at fifty degrees, sometimes forty.

There is much to be said in favor of sleeping out of doors, if you gradually accustom yourself to it. Summer is the time to begin, so that the body will not be too greatly shocked by the change of surroundings. The habit of sitting on the veranda or balcony of your home as long as the weather will permit is excellent. If I lived in New York where there are few yards and many roofs, I should picnic a great deal on the roofs, eating many a simple meal above the roar of the city streets. This could be frequently done for six or seven months of the year, I should say. And at any time of the year I should be inclined to go often to the roof for my deep breathing exercises, for the air, while colder there, is perhaps 50 per cent purer.

Every woman should allow herself at least two hours a day out of doors, one hour in the morning and one in the afternoon. Or if her circumstances will only permit one hour a day, let it be divided into two equal parts, one in the morning and one in the afternoon. Try to get your exercise periods into the sunlight hours. Walk briskly during the hours out of doors. Or play briskly at whatever you are doing. I approve of all out-of-door sports for women, except hockey. That is too violent.



Pulling Corks Contracts the Abdomen.

Drink Two Glasses of Water on Rising
Take Two Hours Fresh Air Daily
and Lift Imaginary Pianos

Remember that the weight of the body must be equally divided between two legs. Don't make the right leg do the work of both right and left. The legs should be help-meets, not shirks. Hold your body so that the weight settles upon the balls of the feet. Keep your knees straight and walk with a long, free stride from the hips. Throw the weight upon the bones and you will not tire. It is only the muscles that grow tired.

An indoor exercise that will help to keep you "fit" is the imaginary motion of lifting a piano, and the other of drawing a cork from a bottle. Hold the bottle between your knees and pull and pull at the tightly driven cork. Both of these contract the muscles of the abdomen, which in most women are flaccid and fall, giving them a balloony appearance. Another exercise for this purpose is to hold the knee firmly by both hands, drawing it up on a level with the waist. Stand thus for as long as you can. Then shift to the other foot and repeat exercise. This, like the two foregoing exercises, make the muscles of the abdomen firm; forming a natural corset and giving a naturally straight front. Also they reduce the hips.

Walking and the exercises I have described, combined with deep breathing and the baths I have mentioned, and plenty of rest—every woman knows how long she must sleep to awaken refreshed—will keep her beautifully "fit."

Diagram of the Skin and Pores Which Must Be Kept Flushed with Plenty of Water.



This Is an Excellent Exercise for Giving You a Straight Front.

Do You Face Photographed on Your Finger Nails? Do You Lap Your Drink Like a Cat or Spoil Your Mouth on a Cup? Do You Try to Make Your Feet Bigger Than They Really Are? Do You Intend to Wear an Old Japanese War Helmet?



Ex-King Manuel's Face on Gaby's Finger Nail.

WH should you hide the face of your sweetheart in a locket, or in the case of your chateleine watch, when you can pay him the compliment of wearing it boldly photographed on one or all of your finger nails?

...sitting from a possible change of sweethearts, for while these finger-nail photographs ordinarily will last for two or three months, any competent man can erase them at a sitting.

Finger-nail photography is not a tedious operation. The nail is first sensitized with chemicals, which hold the film of the tiny negative. This once fixed, the artist-photographer "works up" the transferred image until it appears like a delicate etching with a border and background of pink.

As there are some thirty tints used in the making of carbon prints, you can take your choice. A very thin coat of transparent varnish to preserve the image completes the operation. The effect is like transferring a portrait to a bit of fine china, only no "firing" is necessary. The photograph being necessarily so small, only the closest inspection by an outsider will reveal the original, and, therefore, you cannot be accused of "wearing your heart on your sleeve."

Of course, as the nail grows and is trimmed at the end in manicuring, the photograph upon it will gradually be sacrificed, bit by bit. When it thus begins to disappear, that is the time to have it removed by energetic use of the polisher—when the photographer can be visited for a renewal of the print. The usual care of the finger nails will not obliterate these photographs when they are carefully "worked up."

It is not likely that this newest of fads will last long. It is better, though, than that other feminine fad of only a little while ago when women actually had the pictures of their very dear friends tattooed upon their arms or shoulders. The tattoo fad was particularly virulent for a time, especially in Paris—where most of these oddities start. The fad may be amusing for a little while—but it's not likely to last, fortunately.

These Are the Newest Feminine Fancies



The Mouth Distortion in Cup Drinking.



The "Natural" Way of Drinking.

If you have ever seen a cat lapping milk from a saucer the refined delicacy of the operation probably has challenged your admiration, especially in contrast with the prettiest of girls with the rim of a glass or a cup in her mouth, taking her drink that way at the expense of an abominable distortion of the lips. Well, now comes a fashionable doctor in Europe who declares that the human way of drinking is responsible for many of the ugly mouths that disfigure middle-aged faces. And his preventive for that disfigurement is habitual lapping of your drink as a cat does. This doctor alleges that originally human beings lapped their drink, mostly from the surface of springs and running streams. The use of drinking cups, he says, is one of the great mistakes of civilization.



This Foot Has Trouble Carrying This Weight.



While This Foot Has None.

ARE you aware that you cannot have little feet and beautiful feet at one and the same time? Aren't you tired of crowding your No. 4 feet into No. 3 shoes, thereby gathering unbeautiful corns and bunions, much suffering and general ill health? And, if it were the fashion, wouldn't you gladly wear shoes two or three sizes larger, thereby gaining feet much bigger and really beautiful?

Rejoice, then, for the Baroness Mohn, of Munich, Germany, a distinguished and beautiful woman, has set the example. More. She has founded the fashionable Bavarian "Big Feet Society," whose membership already numbers thousands of "smart women," all of whom are wearing big shoes in order to have beautiful, big feet.

AN amiable compromise between hygiene and fashion in Paris has brought forth the Japanese helmet hat.

If you wear this latest creation in the way of headgear it will be for two reasons—the design is striking and becoming, and the construction is calculated to promote comfort and health.

The thoughtful designer of the Japanese helmet hat was inspired by observation of the lightness and grace of the very ancient original, which is of lacquered wood, perfectly moulded to the head, thoroughly ventilated and of almost feather lightness. The new hat, which follows the helmet's lines closely and is made of the same material, retains also the curved pieces which extend down over the ears to the shoulders. In the original helmet these side pieces served to armor the neck against sword strokes, the lacquered material, while extremely light, being exceedingly tough. In the hat they are retained both for grace and as a counterbalance, bringing the centre of gravity down to the wearer's brow, and thus preserving the structure's equilibrium without the use of hatpins.



Here Is the New Japanese Helmet Hat.

Delicious Ways of Cooking Squabs---INEXPENSIVE AND PRACTICAL DISHES THAT CAN BE MADE FROM BIG AND LITTLE PIGEONS---No. 14

By A. Escoffier

The optimistic American a pigeon is nearly always a squab, just as a hen is always a chicken. In the following recipes pigeon may always be replaced by a well grown squab, but in

cases where genuine young squab must be used that word is employed. The meat of the pigeon, though dark, has an excellent flavor. The neck of farmyard pigeons is tender, stimulating, easily digested. It is very suitable for delicate persons who need good nourishment. For persons with sluggish livers it has

some disadvantages. The squab is a particularly delicate food. It may be eaten twelve days after hatching. The pigeon may be served in many ways—as an entree, in a comote, in a pate, as a galantine, cold in a deep dish, or "en terrine," as we say in France.

squares and keep it warm. Strain the soup through a fine tammy or strainer and put it back in a fresh, clean saucepan, keeping it hot. At the moment of serving add the cream, mixing it well with the soup, which should be boiling. Pour it into a soup tureen with the little squares of meat you have kept in reserve. You may also at the time of serving add to this cream some spoonfuls of rice or cooked barley or Italian paste.

Melt the bacon and butter in a saucepan. Add the onion and the pigeons. Let them cook ten to twelve minutes on a gentle fire. Then add the peas, the lettuce, the water, the salt, the pepper, the sugar and the bouquet. Bring the liquid to a boil and then cook at a gentle fire for forty-five to fifty minutes. Cut the lean meat from the pigeon, then cut it in small squares and keep it hot. At the time of serving add two spoonfuls of fine butter, mixing it well, and pour the soup, which should be boiling, into a soup tureen, in which you have previously placed the squares of meat.

PIGEON SOUP WITH CURRY.

THIS is one of the most delicious and nourishing soups of our cuisine.

The following quantities of materials will provide soup for six persons: Two large pigeons, cleaned, singed and each divided into four pieces; two large onions chopped up; two large spoonfuls of butter; three spoonfuls of curry powder; five pint of water, half an ounce of salt, a bouquet made of sprigs of parsley, a bay leaf and a slice of garlic (the last named being quite optional) and six to eight tablespoonfuls of rice.

Melt the butter in a saucepan, add the onion and let it cook for several minutes on a gentle fire. Add the pigeons and cook them from ten to twelve minutes with the onion. Then pour the curry powder over them. Stir the whole with a spoon and add the water, salt and the bouquet. Bring the liquid to a boil and cover the saucepan. After fifteen minutes' cooking add the rice and let it cook twenty to twenty-five minutes and serve.

The above recipe is reduced to its most simple form, and is very suitable for a small household. The soup, however, may be refined by replacing the water with bouillon (broth) by straining the onion after cooking through a fine strainer, and by only using the filets of the pigeons, after removing the skin, and cutting the filets in squares, which you add at the moment of serving to the boiling soup, with several tablespoonfuls of rice cooked in broth.

PIGEON AND BARLEY SOUP.

THE following quantities are sufficient for six persons: Two large pigeons cleaned, singed and divided into four parts; one large onion chopped fine, two medium-sized carrots cut in little

PIGEON AND TOMATO SOUP.

THE preparation of this soup is nearly the same as the preceding, except that the curry is replaced by seven to eight large, firm tomatoes, skinned, seeded and chopped up. The bouquet is made of the same materials, the proportions of water, salt and rice are the same, but you must add also a pinch of pepper.

This recipe may also be elaborated for more expensive tastes, as the other soup is. When fresh tomatoes are not obtainable they may be replaced by tomato puree, the preparation of which was explained in No. 6 of these articles.

PIGEON AND PEA SOUP A LA PAYSANNE.

QUANTITIES for six persons: Two pigeons, cleaned and singed; one large or several small new onions chopped up; two spoonfuls of butter; two ounces of lean bacon, cut in small squares; a quart of large peas; two lettuce; well cleaned and cut in squares; half an ounce of salt, a pinch of pepper, a piece of sugar, five points of hot water, a bouquet made of sprigs of parsley and a bay leaf.

Finally remove the pieces of pigeon. Cut the lean meat in

PIGEON SAUTE A LA PAYSANNE.

QUANTITIES: Two pigeons, cleaned, singed and divided into two parts; two spoonfuls of butter, four tablespoonfuls of lean bacon, cut in little dice; two medium-sized onions, chopped up; six medium-sized potatoes, cut in small dice; salt, pepper and chopped parsley.

Melt the butter and the bacon in a frying pan or sauteing dish, and add the pigeons, which you cook gently. After fifteen minutes' cooking add the onions, the salt and the pepper; let the onions cook for several minutes and add the potatoes.

Finish cooking and add a little good gravy if possible and some chopped parsley at the moment of serving.

This is one of the oldest and most favored methods of cooking pigeon in the country. Like many of our most savory dishes, it originated in the home of the farmer, as its name, "a la paysanne," indicates.

ESTOUFFADE OF SQUABS OR SQUAB STEW.

TAKE two or three squabs, cleaned and prepared for cooking, but not tied up; roast them lightly and then put them in a terrine (a deep earthenware dish of French design). Add to the cooking liquor a glass of cognac and a glass of white wine; boil it several seconds and pour it all over the pigeons. Surround the pigeons with several little onions, browned in butter, and twenty fresh mushrooms, cut in quarters and sauteed

ESTOUFFADE OF SQUAB A LA CAVALIERI.

THIS is a more refined and expensive method of preparing the squabs than the preceding:

Roast the squabs lightly in butter and put them in the terrine with their cooking butter, cognac and white wine. Then surround them with a dozen small lamb sweetbreads, slightly browned in butter, a few slices of truffles, cut rather thick, and a few spoonfuls of good gravy, the whole well seasoned. Cook gently in the oven for about fifty minutes.

This and the preceding dish have the advantage that they can be eaten hot or cold.

STUFFED PIGEONS.

TAKE two pigeons, cleaned and singed, and prepare the following stuffing: A spoonful of butter, three spoonfuls of lean bacon; the livers of the pigeons, chopped up; three tablespoonfuls of bread crumbs, white and fresh; half a spoonful of chopped onion, a coffee-spoonful of chopped parsley, salt, pepper, spice and two yolks of eggs.

Melt the butter in a saucepan, add the onion, let it cook gently six to eight minutes and then add the bacon. As soon as this is slightly heated, add the pigeons' livers and, if possible, two or three chickens' livers, the bread crumb, the chopped parsley, salt, pepper and yolks of eggs. Stuff the pigeons, tie them up with the feet turned in, and cook them in a saucepan thirty to thirty-five minutes at a gentle fire. At the moment of serving, untie the pigeons, put them back in the saucepan, with several spoonfuls of good gravy or simply hot water. Give them several seconds' boiling so that the gravy and the cooking butter may be well mixed.